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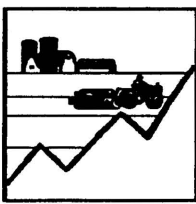
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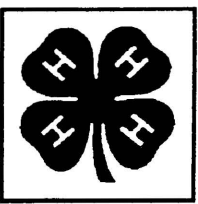
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4-H News and Events

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January



The NEBLINE

University of Nebraska Cooperative Extension
Lancaster County

Office
NEBLINE RBBS
Home Economics Message
Horticulture Message

471-7180
471-7149
471-7148
471-7179

Office Hours: 8 a.m. to 4:30 p.m.
Monday - Friday

Notice!!!

All programs and events listed in this newsletter will be held at the Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

444 Cherrycreek Road
Lincoln, NE 68528

Home Extension Scholarships Available

Homemaker grants and scholarships for persons planning to continue their education are available through the Home Extension Council. Application forms are available at the Cooperative Extension Office. Following is a brief explanation of each scholarship:

A \$150 Homemaker's Education Grant is sponsored by Nebraska Council of Home Extension Clubs, Inc. Applicants should have sincere intentions to enroll in any institution of higher education in Nebraska. Grant can be used for classes or correspondence courses leading to an academic degree, vocational training or

completing high school. Must be used between June 1, 1990 and December 31, 1990. Applications due by February 15, 1990.

A \$275 scholarship for a graduate of a high school in Lancaster County or permanent resident of Lancaster County majoring in a home economics degree program. Open to full-time students that will be beginning their

sophomore, junior or senior year in college during the fall of 1990. Applications due April 2, 1990.

A \$125 scholarship for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County, enrolled in Food Service Management, Dietetic Technology or Child Care Services at Southeast Community College.

Applicants must be full-time students who have completed two quarters of study, with a grade point average of 2.5 or above. Applications due April 2, 1990.

A \$100 scholarship for a homemaker returning to school, sponsored by the Jolly Dozen Extension Club of Waverly. Applications due April 2, 1990.

Schepers Named City/County Volunteer of the Month

Marilyn Schepers, Lancaster County 4-H leader, is the January Lincoln/ Lancaster County Volunteer of the Month. She was recognized by the county commissioners for this honor on December 26. Marilyn has been active in 4-H locally, statewide and nationally, and has provided major leadership for the Nebraska State 4-H Leader's Forum which has become an annual event. She is currently serving on the Lancaster County Extension Board.



Housing Assistance Available

The Lincoln Housing Authority is now offering assistance to home owners and renters county wide. This new service will provide landlords a steady income on their rental property. At the same time assistance is provided to income eligible families.

Housing will be inspected to insure quality health and safety standards are met according to HUD guidelines. After inspection a house will then be eligible for occupancy by a qualifying family.

Contact Teresa Bergman at Lincoln Action Program, 471-4515, for further information.

Camp Fun Fall & Winter

Camping can be fun any time of the year. The Eastern Nebraska 4-H Center will be the setting for the following camps. Midwinter Escape for teens 13-18 years of age will be held January 20 & 21. Leadership workshops and skiing (weather permitting) will be available for those attending.

Registrations due January 10. Kaleidoscope Magic, February 9, 10 & 11, for youth 10-12 years old will include workshops, fun activities and skiing. Registrations due February 1. Brochures and registration forms are available at the extension office.

CRP Fire Concerns

Farmers and landowners with fields seeded to grass in the Conservation Reserve Program should be concerned about fire prevention and safety on CRP acres. Extreme dry conditions this fall has resulted in a very hazardous potential for uncontrolled fires.

Of major concern are CRP acres seeded to native grasses in fields close to populated areas. Some of these grasses grow four or five feet in height and are often too thick to walk through. Because CRP acres are not normally grazed or cut for hay, an enormous amount of fuel builds up as debris and dry standing grass.

These conditions raise the fire risk category to the highest extremes. The rule of thumb concerning grass fires is that the fire will be four times higher than the height of the grass. If grass four feet tall burns, the fire would be 16 feet in the air. Add wind to the fire scene and flames move, perhaps toward a building. The situation is compounded in Lancaster County because of the large number of homes in the rural areas surrounding Lincoln.

When CRP acres are planted to grasses, the local fire department should be advised that flammable grasses have been planted where soil and crops stood before. The landowner also should advise fire authorities of water sources available, such as ponds, streams, stock tanks, and cisterns. It is important, too, that fire fighters know how to access the fields and the location of buildings and homes adjacent to the property.

Recycle Christmas Tree Into a Plant Protector

The serviceable life of your cut Christmas tree isn't necessarily over when you pull off the last string of lights and drag the tree out of the house. Instead of tossing it into the trash, you can recycle it as a wintertime plant protector.

Place Christmas tree branches over a layer of straw mulch or leaves atop bulb and perennial beds.

There they will catch snow and help insulate the beds against deep freezing and early spring thawing. Both can damage bulbs and the roots of landscape plants.

You can also use the whole tree as a plant protector. Fasten it to a sturdy stake on the southwest side of a rhododendron or other broadleaf evergreen to shade it. This will help

prevent desiccation (severe drying out) of the foliage by bright winter sun.

If you have no uses for the tree, be sure to take it to one of the several recycling sites offered by the Parks and Recreation Department. The trees will be recycled as a mulching material in the parks.

Teens in Action (Designed for teens by teens)

Co-sponsored by Camp Fire Inc. and 4-H

Saturday, January 13
Lincoln Electric System

9:15 a.m. - Registration
9:30 a.m. to 3 p.m.

Cost: \$8 includes pizza, refreshments, and a Teens in Action T-shirt. Contact the extension office to register.

Lancaster County 4-H'ers, Christy Carver and Krista Vance, along with teens from Camp Fire Inc. in Lincoln, participated in a three day workshop in Minneapolis, Minnesota on teen stress and suicide prevention.

These teens, together with adult sponsors, Terry Bailey and Gwen Thorpe, have designed a day to help youth learn how to be a good friend to someone who is stressed and depressed. Participants will learn positive ways to intervene if they suspect a suicide attempt.

The program is based on the "Tackling the Tough Stuff" program which was developed by the Minnesota Extension Division of Child and Adolescent Psychiatry and Medical School.

Invest a day to learn how to help your friends! Register now!



Nebraska Cooperative Extension
in Lancaster County
444 Cherrycreek Road
Lincoln, Nebraska 68528

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UNIVERSITY OF NEBRASKA-LINCOLN COOPERATING WITH THE COUNTIES AND THE U.S. DEPARTMENT OF AGRICULTURE

The Cooperative Extension Service provides information and educational programs to all people without regard to race, color, national origin, sex, or handicap.



Home Extension

News

Alice Henneman,
Twyla Lidolph,
Esther Wyant
Extension Agents

Upcoming Nutrition Programs

Wednesday, February 14, 7 - 8:30 p.m. — “Healthy Wholesome Salads.” Participants will study fats in salad dressings and learn about the important role of vegetables in reducing the risk of cancer and heart disease. Several salad ideas will be presented and available for tasting. Fee: \$4.

Thursday, February 15, 7 - 8:30 p.m. — “Getting to the Heart of Cholesterol and Kids.” A physician and a dietitian will discuss children who are at risk of heart disease and recommended practices for treating high blood cholesterol in younger people. There is no charge for this class which is co-sponsored with the Heart Association and the Lincoln Dietetic Association.

Window Workshop

Window treatments will be discussed at a workshop on Thursday, January 18, 1990, 1 to 3 p.m. Lois Wilson, instructor, will share ideas for many kinds and types of window treatments. She will have samples of the many techniques you might want to use to construct curtains or draperies for your home. Preregister by calling 471-7180. Cost of \$4 will be payable at class time.



Sewing Class

A basic sewing class will be held on three Saturday mornings starting January 13, 1990, 9 to 11 a.m. Twyla Lidolph, extension agent - home economics, will teach the class which will include information on tools, fabrics, construction techniques, seam finishes, hems, and zipper installation.

Preregistration is requested. Payment of \$7.50 can be made at the first class.

Microwave Cooking Classes

Classes in microwave cooking will be offered on Wednesdays, February 21 and 28, from 1-3 p.m. Participants will learn to make better use of their microwaves and learn more about basic cooking by microwave. Cooking for individuals or small families will be emphasized.

Registration fee will be \$5 for both sessions or \$3 for a single class. See next month's NebLine for more detailed information.

Home Extension Council Officers Installations

Malenna Vogel, a member of the Apple Corps Extension Club, will be installed as Council Chair when the Lancaster County Council of Home Extension Clubs meets on Monday, January 22, 1990, 1-3 p.m. Other officers to be installed are Jean Wheelock, vice chair; Jeanne Egger, secretary; Cathy McQuinn, treasurer; Delta Schmidt, health chair; and Penny Singleton, historian.

A program on Osteoporosis, beginning at 1 p.m., will be presented by Deloris Drda, R.N., Rheumatology Services Facilitator, Bryan Memorial Hospital.

The business meeting will begin at approximately 2 p.m. The agenda includes the 1990 area of emphasis “How To Be Alive While Living”, the 1989 financial report, the suggested budget for 1990, membership promotion plans,

Ideal Silhouette Class

The Ideal Silhouette program will be offered on Thursday, January 25, 1 - 3 or 7 - 9 p.m. or on Friday, January 26, 9 to 11 a.m. Through a computerized process 13 easy to take measurements are analyzed and the style of necklines, sleeves, skirts, jacket, which are most flattering for your proportions are identified. The session includes a printed analysis and a 65 page illustrated workbook. Wear basic foundation garments for taking measurements. The fee of \$10 is payable at class. Call 471-7180 to register.

I have several sewing video tapes which you might like to check out. These are available for a \$10.00 deposit.

- A Fresh Look at Sewing Basics.....Nancy Zieman
- Serging and Sewing Active Wear.....Nancy Zieman
- Tips for sewing the \$500 Look.....Clotilde Pants and Skirts..... UNL specialist
- Creative Uses of Your Sewing Machine...UNL specialist

Home Extension Club Notes

The D'Lites Extension Club voted to adopt a family-in-need for Christmas. This project, spearheaded by member Teri Kunz, started by contacting Social Services. The donations of food, clothing and toys helped to make Christmas a little merrier for one Lincoln family.



Fish for Health Class

Learn about the role of fish in providing “heart healthy” fat and protein in the diet at a “Fish for Health” class to be held Wednesday, January 17, 7 - 8:30 p.m. Cooking techniques with fresh, frozen and canned fish will be demonstrated and available for sampling.

Nancy Urbanec, home economist and extension agent, will lead the class. Register by calling 471-7180. The cost for the workshop and materials is \$4.

Planning Your Lifestyle

Planning Your Lifestyle, the extension club lesson for February, will help participants assess their lifestyle and select the best practices for maintaining good health.

Training on Planning Your Lifestyle will be given on Tuesday, January 30, at 1 p.m. and repeated at 7 p.m. All extension club lesson leaders responsible for presenting this lesson at their club meeting are encouraged to attend the training meeting. Representatives from non-extension groups are invited to attend and are asked to notify the extension office so that packets of lesson materials may be provided.

Computerized Silhouette for Men

Suit Yourself will be offered on Tuesday, February 20, 1 - 3 or 7 - 9. “Suit Yourself” is a unique computerized analysis for men which identifies body type and illustrates personally selected clothing styles for successful wardrobe planning. Thirteen personal measurements will be taken by participants. These will be analyzed by the computer to produce a six page printout of all the correct clothing suggestions personally selected for each man. The \$10.00 fee includes a workbook. Call 471-7180 to register.

Snacks for Kids (and Grandkids) Checklist

“I wish oranges had a zipper!” the little boy tells his mom.

Providing foods in easy-to-handle forms is important in planning snacks for young children. Here are some more guidelines from Dr. Linda Boeckner, University of Nebraska Cooperative Extension Food & Nutrition Specialist.

Snacks for Kids Checklist

- Does it look and taste good?
- Does it provide vitamins & minerals as well as calories?
- Can it be chewed and swallowed easily?
- Will there be a choking problem? (Children under 5 years may have problems with peanuts, hot dogs, popcorn, candy, nuts, carrot coins and grapes.)
- Can fingers be used to eat it? (Kids often love to handle their own food without interference from an older person.)

- Is it different from yesterday's snack?
- Is it fun to eat?

Here's a recipe from Dr. Boeckner that the whole family will enjoy.

Scramble

3 cups mixture of any unsweetened dry cereals
1/2 cup unsalted peanuts (omit for children under 5)
3 tablespoons margarine, melted
Dash of seasoning powders (onion, garlic, celery)

Combine all ingredients in a bowl, mix gently with a wooden spoon, being careful not to break cereal. Spread on baking sheet or pan in layer about 3/4 inch thick. Bake in 300 degree F. oven about 30 minutes. Stir occasionally. Makes about 12 small portions. Keeps well if stored in a tightly covered tin or jar.

and the Women's Day Program scheduled for Tuesday, October 2, 1990. Yearbooks will be distributed and dates and programs for the three remaining council meetings will be revealed.

An incentive award program is planned which will honor the clubs which are represented at each of the four council meetings in 1990.

Home extension club presidents are members of the council. If the president is unable to attend the meeting, any member may represent the club, however, voting will be limited to one vote per club. All extension club members and visitors are welcome to attend both the program and the business meeting.

Home Extension Club Night

Home Extension Club Night at the Lincoln Community Playhouse is scheduled for Wednesday, May 23rd. The play, “1776”, is a comic, musical history—a funny close-up look at our forefathers as they write the Declaration of Independence. Ticket price is \$6.25. To order tickets, send your check made to Sharon Knight along with a stamped self-addressed envelope to: Sharon Knight, 703 “C” Street, Lincoln, NE 68502. Deadline for ordering tickets is February 15, 1990.

Facing Our Future

When you're a female and 40, you still have half your life ahead of you. Do you have the information, skills and support you need to face your future confidently?

Facing Our Future is a realistic program that speaks on a down-to-earth level to women 35 to 55. In small, informal groups, you can learn to plan for the second half of your life. The Lincoln Lancaster Commission on the Status of Women and Cooperative Extension in Lancaster County are co-sponsoring a series of six evening meetings starting on January 16, 1990, 7 to 9.

Facing Our Future offers basic information on health concerns of women, finances, education and employment at mid-life, personal and family concerns.

Preregistration is requested by calling 471-7180. There is a \$12 charge which includes a notebook.

Malenna Vogel's Golden Glow Muffins

2 cups whole wheat flour
2 teaspoons baking powder
1 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup chopped nuts
1/2 cup raisins
2 eggs
1/4 cup orange juice
1/2 cup salad oil
1/2 cup honey
1 teaspoon vanilla
1 teaspoon grated orange peel
1 cup shredded carrots

In large mixing bowl, combine flour, baking powder, cinnamon, salt, nuts and raisins. Set aside. In small bowl, blend together eggs, orange juice, oil, honey, vanilla and orange peel. Add to dry ingredients. Stir in carrots until moistened. Spoon batter into paperlined or greased muffin pan. Bake at 375 degrees for 20 to 25 minutes. Make 18 muffins.

Water Testing Concerns

Just because your water tastes good, there is no guarantee that it is free from harmful contaminants. If your water comes from a public water supply, it must be tested periodically to assure its safety. However, private water supplies, such as are found on most farmsteads and acreages, have no testing requirement.

Annual testing of private water supplies for nitrate and bacteriological contamination is recommended. The water should also be tested if changes in taste or smell occur, if the well is flooded, or some other type of contamination is suspected.

The Nebraska Department of Health's Division of Environmental Health and Housing Surveillance, 301 Centennial Mall South, Lincoln, NE 68509, 402-471-2541, can help decide what tests are needed and offer recommendations on problems. The water tests can be conducted by the Division of Laboratories, 3701 South 14th, Lincoln, NE 68502, 402-471-2122, or by a certified commercial laboratory. The testing fees vary, depending on the tests made, such as for bacteriological safety, inorganic or organic chemicals or other contaminants.

For more Home Extension News turn to page 6

Commercial Applicators Pesticide Training

Applicators who use or supervise the use of restricted use pesticides on any property not owned or rented by themselves are considered commercial applicators. This includes persons applying restricted use pesticides as employees for hire.

the following sites. To register for an initial commercial applicators training session send \$5.00 to Larry D. Schulze, extension specialist-pesticide training, 101 Natural Resources Hall, University of Nebraska, Lincoln, NE 68583-0818. Phone 472-1632. Registration is required 10 days in advance.

Initial commercial applicators training will be conducted at

| | | | |
|---|---|----------------|--|
| February 13 Categories: 01 Ag. Plant 02 Ag. Animal 03 Forestry 04 Ornamental & Turf 05 Aquatics 06 Seed Treatment 07 Right-of-Way | 8 a.m. - 4 p.m. | Lincoln | Nebraska Center 33rd & Holdrege |
| 08 Structural 09 Public Health 10 Regulatory 11 Demonstration & Research 12A Food Processing & Grain Handling 12B Wood Preservatives | | | |
| March 1 Categories: | 8 a.m. - 4 p.m. (All categories listed above except 04 Ornamental & Turf) | Omaha | 8015 W. Center Rd. |
| March 2 Categories: | 8 a.m. - 4 p.m. (04 Ornamental & Turf ONLY) Recertification of commercial applicators will be offered at the following sites. Preregistration is not required. | Omaha | 8015 W. Center Rd. |
| January 8 Categories: 01 Ag. Plant 06 Seed Treatment 07 Right-of-Way | 8:30 a.m. - 4 p.m. 10 Regulatory 11 Demonstration & Research | Lincoln | Extension Office (Crop Protection Clinic), 444 Cherrycreek Road |
| February 6 Categories: 04 Ornamental & Turf 08 Structural 09 Public Health | 8:30 a.m. - 3 p.m. 12A Food Processing & Grain Handling 12B Wood Preservatives | Omaha | 8015 W. Center Rd. (Douglas County Extension office) |
| February 5 Categories: 02 Ag. Animal 03 Forestry 04 Ornamental & Turf 05 Aquatics | 8:30 a.m. - 3 p.m. 08 Structural 09 Public Health 12A Food Processing & Grain Handling 12B Wood Preservatives | Lincoln | Nebraska Center, 33rd and Holdrege |

Conservation Tillage Area Meetings

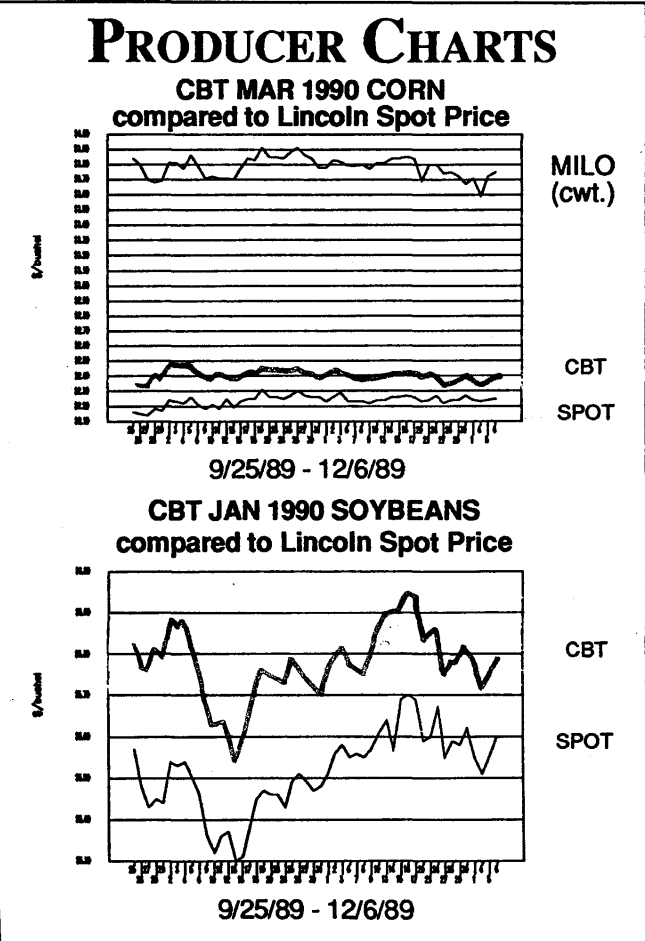
Area conservation tillage meetings are set for three locations in the Lancaster County vicinity. Compliance deadlines for the 1985 Food Security Act (Farm Bill) requirements are here and now its time to begin the implementation process.

Conservation tillage is one of the least costly methods of reducing soil erosion and is becoming commonly accepted as a way of crop production. Conservation tillage systems are those that provide at least 30 percent residue cover after tillage and planting. The purpose of these meetings is to provide practical information for managing conservation tillage systems for individual farming situations.

The following meetings are currently scheduled for the Lancaster County area.

| | | | |
|-------------|-----------------|--------------------|-----------------------------|
| February 20 | Firth | 8:15 a.m. - noon | Community Center |
| February 20 | Gretna | 12:45 - 4 p.m. | Legion Hall |
| February 21 | Syracuse | 12:45 - 4 p.m. | First National Bank & Trust |
| February 22 | Ceresco | 8:00 a.m. - noon | Village Hall |
| February 23 | Wilbur | 8:00 a.m. - 4 p.m. | Sokol Hall |
| March 2 | Beaver Crossing | 12:45 - 4 p.m. | Grange Hall |

The maximum registration fee for these workshops should be \$10 (\$5 for the 1/2 day meetings). The fee includes registration, proceedings and refreshments. Local financial support may lower the fee at some meetings.



Managing Windbreaks

A windbreak workshop will be held Thursday, January 18, from 9 a.m. to 12 noon. Dr. Jim Brandle, professor of forestry at the University of Nebraska, will speak concerning the results of his research, as will Dennis Adams, district forester, Val Bohaty and Gary Kuhin, SCS representatives, Rich Lodes, NRD representative, and Pat Cole, Game and Park representative, and a local farmer. The workshop is being organized by The Nebraska Sustainable Agriculture Society. There is no registration fee for this training.

Private Applicator Pesticide Training

Private applicators are those who use or supervise the use of any restricted use pesticide for producing agricultural commodities on property owned or rented by themselves. This includes farmers, gardeners, Christmas tree growers and hired farm laborers.

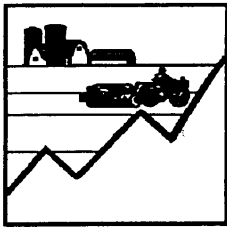
Producers wishing to apply restricted use pesticides must possess a federally issued applicators permit. If your card is dated 1990 or earlier you must have it renewed this year (1990). Applicators are strongly encouraged to attend a training session regardless of the type of pesticides they use. Training sessions for Initial and Recertification will be held at the sites listed. The training is free of charge. No preregistration is necessary.

| Date | Time | Location |
|-------------|------------------------|-------------------------------|
| January 3 | 9:00 a.m. - 12:00 noon | Extension Office |
| January 18 | noon | Extension Office |
| January 25 | 7:00 p.m. - 10:00 p.m. | Hickman Community Center |
| January 30 | 1:00 p.m. - 4:00 p.m. | Raymond Fire Station |
| February 7 | 1:00 p.m. - 4:00 p.m. | Waverly-Lancaster County Bank |
| February 10 | 1:00 p.m. - 4:00 p.m. | Extension Office |

Ag Update

Agricultural News & Events

Don D. Miller, Ext. Agent, Chair
 Warder Shires, Ext. Agent, Ag
 David Varner, Ext. Agent, Ag



Block Grants Available

Community Development Block Grants used to be city talk. Don't let the title fool you. Grants for economic development are available to rural Lancaster County farms and businesses. The project is made available through the county commissioners and is administered by Lincoln Action Program.

Loans are available for land acquisition, building construction, and acquisition of machinery and equipment. A minimum of 15% owner equity is required. Loans are generally for 50% or less of the total project costs. The interest rate may be as low as 50% of the rate charged by your primary lender. The loan term may be up to 10 years or the life of the fixed asset, whichever is shorter.

If you are thinking about expanding your business or farming operation we encourage you to check with Lincoln Action Program for details. Approximately \$300,000 is available for business expansion and start-up in rural Lancaster County. Special emphasis is placed on manufacturing companies and agriculture related businesses and those owned by women, minority, or disabled persons.

Crop Focus '90

Mark your calendars for Crop Focus '90 which will take place February 6, in Ashland at the VFW Hall. Topics to be discussed will include best crop management practices to prevent water contamination along with timely crop production information. Additional details will be available in the February NebLine.

Farm Management Seminars

A series of three seminars addressing specific farm management topics is scheduled for February 8, 15 and 22 at the Ceresco Village Hall. Each seminar session will begin at 1 p.m. and end at 4 p.m. The cost of the series is \$5/session or \$10 for all three sessions. Please call 471-7180 to pre-register.

Topics to be discussed during the seminars will include: 1) Utilizing production costs and financial tools (ie. cashflows) to build a marketing plan; 2) Implementing a farm accounting system/farm income tax information; and 3) Legalities of farm leases, estate planning and retirement planning.

Additional details will be available in local newspapers and the February NebLine. Transportation will be available from Lincoln to Ceresco for those planning to attend. Please indicate whether you would like transportation from Lincoln when preregistering.

See:

page 6-"The Grain Auger"

page 7-"Husker Feed Grains and Soybean Conference"

Page 8 "Wintering Skidloaders" & the Jan. Extension Calendar

Farm Program Briefings

Four farm program briefings are scheduled to update producers on program criteria for 1990. Representatives from the Soil Conservation Service and the Agricultural Stabilization and Conservation Service will be present to answer questions. The program briefing sites are as follows:

| Date | Town | Time | Location |
|-------------|---------|-----------|-----------------------|
| January 25 | Hickman | 9:30 a.m. | Community Center |
| January 30 | Raymond | 9:30 a.m. | Fire Station |
| February 7 | Waverly | 9:30 a.m. | Lancaster County Bank |
| February 10 | Lincoln | 9:30 a.m. | Extension Office |

Note: Private applicator pesticide training sessions are conveniently scheduled at these sites following the program briefings. Pesticide training will begin at 1 p.m.



Urban Wildlife Management

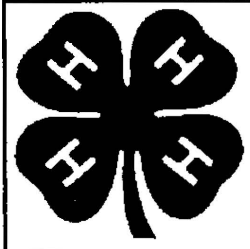
An informational meeting concerning management of urban wildlife will be held on February 5, beginning at 7 p.m. Speakers will include Ron Johnson, extension wildlife specialist, Scott Hygnstrom, extension vertebrate pest specialist, Carl Wolfe, Game & Parks Commission, Kurk Gustard, Animal Damage Control, and Ann Kelley, National Wildlife Federation.

The purpose of this meeting is to show wildlife needs and help you understand them. This information may then be used to enhance wildlife in backyards or may be used for wildlife damage control. Species to be discussed will include moles, pocket gophers, ground squirrels, woodpeckers, skunks, raccoons, starlings, bats, etc. A questionnaire will be mailed to those who enroll which will ask you to indicate your specific needs for wildlife management. Please call Dave at 471-7180 for further information.

The Cloverline

4-H News and Events

Maureen Burson
Extension Agent, 4-H
Lorene Bartos
Kevin Koch
Patricia Wolfe
Extension Assistants, 4-H



Laura Scott of rural Lincoln with her Reserve Champion Dorset market lamb at the 1989 American Royal Livestock Show, in Kansas City, Mo. Scott and her sister plan on showing 4-H lambs at the National Western Stock Show in Denver this month.

4-H Animal News

4-H Horse Indoor Day

Saturday, January 13, will be a day of interest for all youth and adults involved with the 4-H horse program in Lancaster County. This activity will include an update meeting in the morning and a horse care workshop in the afternoon.

Everyone is invited to attend the 4-H Horse VIPs Committee meeting at 9:30 a.m. The purpose of the meeting is to complete program planning for all horse activities to be conducted this coming year. Items to consider will include workshops and clinics, horse judging and other contests, horse shows, fund raising activities, and other matters of concern. Remember, you don't have to be selected to become a member of the VIPs committee and it does not mean you have to become a member by visiting a meeting. Membership is open to any youth or adult willing to accept added responsibilities. However, if you are a leader, these meetings are the best source of information for you and your club.

During the noon break, we will send out for pizza for people not bringing their own lunch. The cost will be prorated.

The afternoon will be a workshop on health and nutrition for horses. A veterinarian will talk about health protection programs for horses starting at 1 p.m. Monte Stauffer, Sarpy County extension agent, will present a program on horse nutrition and feeding. Gary Stauffer, former horse production specialist, will discuss management of pastures for horses. The workshop will be completed by 3:30.

4-H and FFA Market Beef Weigh Day

The 4-H and FFA market beef weighing and tagging day will be Saturday, February 17 from 9 a.m. to 12 noon at the fairgrounds. If anyone has a conflict with Saturday, a time can be set up to weigh calves on Friday, February 16.

The Beef VIPs Committee will be setting up the scale and alleys Friday afternoon. All help is appreciated. Call Kevin for times.

All market beef projects must be weighed and tagged at the weigh day. A snow day is scheduled for February 24. The snow day will be used only if a storm prohibits weighing on February 17.

Teen Council

Teen Council will hold its January meeting Sunday, January 14, 2:30 p.m. All youth 12 and older are invited to attend. Officers for the 1990 year are President - Mike Schepers; Vice President - Damion Schepers; Secretary - Lana Steinhausen; Treasurer - Christy Carver; Social Committee Coordinator - Krista Prichett; Social Committee members - Carrie Henshaw, Kristin McHale, James Henshaw, Tyler Hall, Page Baumbach, Erin Grosshans, Aaron Schepers and Stephanie Richmond. Program planning for the year will be the topic of business at the January meeting. New members are welcome. Come join the fun.

4-H Events:

4-H Speech Workshop

Now is the time to start working on a speech for the County 4-H Speech Contest. A speech workshop will be held Tuesday, February 14, at 7 p.m. Help will be given on planning, preparing and presenting a 4-H speech. Topics for the speech contest should be related to a 4-H experience. Brochures on the contest are available at the extension office. Speech Contest categories include Novice - age 8 - 9; Junior - ages 10 - 11; Intermediate - ages 12 - 13; and Senior - 14 and older as of January 1, 1990. The county contest will be held Friday evening, March 23. If you would like someone to visit your club who has given a speech at a previous contest, call Lorene.

Exploring 4-H Activities

Learn about the many leadership development opportunities available through 4-H at the Exploring 4-H Activities session Monday, January 29, at 7 p.m. Four-H'ers will demonstrate and tell how to become involved in the many activities offered during the year. Call Lorene if you have questions.

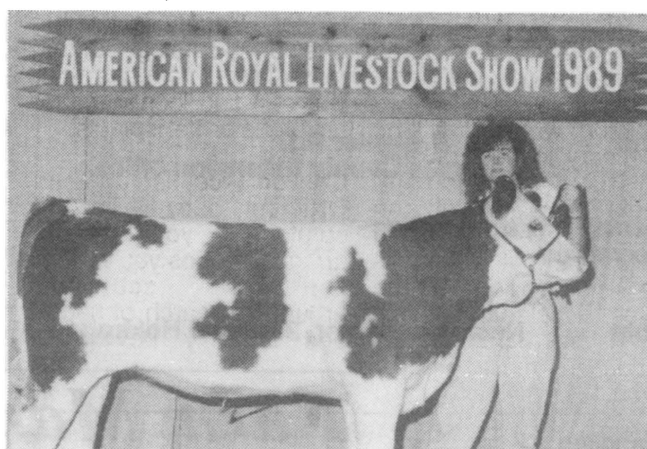
Shooting Sports Leader Training-January 27

Shooting Sports leader training will be offered Saturday, January 27, from 9 a.m. to 12 noon. Four-H clubs wishing to enroll members in the shooting sports project are required to have a representative attend the special training. Rollin Schneider, extension safety specialist, will lead the training session. Please direct questions to Dave at 471-7180.



Bread Baking Fun

Learn the basic techniques for making bread at a special workshop Monday, January 15, 1 to 3:30 p.m. Teams made up of an adult and youth are invited to attend. Participants will prepare loaves of bread to take home and bake. All materials will be furnished for a \$1.00 per person fee. Please call the extension office to register. Lorene Bartos and Esther Wyant will present the workshop.



Brenda Halling of Waverly took 2nd in the Jan. 1st - March 15th 1988 Calf class at the American Royal Livestock Show in Kansas City.

Livestock Leader Update

Organizational and project leaders of livestock clubs are encouraged to attend this update Monday, March 19 at 7:30 p.m.

The program is designed to inform leaders of important dates and deadlines in 1990, new projects and materials, and allow time to share club meeting ideas. More information will be available in the next issue of The Nebline.



Rabbit Show

A Platte County 4-H Rabbit Show will be held on Saturday, March 31, in Columbus, NE. All rabbits must be pre-registered by March 17. For more information, contact Patricia or Kevin at the extension office.

Homeless Chicks Need You

Every spring, approximately 2100 Lancaster County 3rd graders participate in the Embryology 4-H school enrichment project. These students hatch chicks in their classrooms and as a result, many Leghorn-cross chicks need a home. Expected hatching dates this year are February 20, April 11, and May 15. Please call the extension office if you would like some of these chicks, and we will put your name on our list. The only cost to you will be the trip to the office to pick up the chicks approximately one week after the hatch date.

Laughter As The Best Medicine

A laugh a day truly may keep the doctor away. Doctors tell us that the physiological effects of laughter affect every part of the body. Oxygen floods the blood, the cardiovascular system dilates, the muscles relax, the diaphragm convulses and the internal organs even get massaged.

When we laugh, heart rate and blood pressure speed up. Afterward these sink below previous measured levels and we feel a sense of relaxation. Some evidence suggests that this increases productions of endorphins, the natural pain relieving, euphoria-producing chemical in the brain.

Author Norman Cousins, when faced with a life-threatening disease, found that a good belly laugh has an anesthetic effect and allowed him at least two hours of pain-free sleep.

Regardless of your belief in the benefits of a good laugh, it probably doesn't hurt to laugh - unless you laugh so hard you fall out of your chair.

4-H Camp Counselor

If you are at least 14 years old and interested in helping at 4-H camp now is the time to submit an application. Applications will be reviewed and those selected to be counselors will be notified by May 1. Those accepting the camp counselor role need to attend camp counselor training at the Eastern Nebraska 4-H Center, June 1-3. Call Lorene for an application or if you have questions.



Camp Recruiters Needed

Did you attend 4-H camp during the past year? Are you excited about camp? If so, we need your help and enthusiasm to promote camp to other 4-H'ers. Five or six clubs with members who are willing to visit new clubs and share the excitement of camp are needed. A special training will be held for the camp recruiter teams. Call Lorene if you or your club are interested.

Beef VIPs

Committee meeting -
January 29,
7:30 p.m.



Livestock Booster
Club Board meeting
- February 5,
7:30 p.m.

4-H Leaderlines

District 4-H Leader Training 4-H Eggstravaganza

An "egg-citing" training is being planned for February 22nd in Omaha, February 26th in Seward County and February 27th in Auburn. The program will begin at 6 p.m. with an omelet supper. Workshops include:

Titles

1. How the Three R's Fit into the Four-H's
2. If You Want It Done - Do It Yourself??
3. Buying the 13th Hour
4. If You've Got It - Flaunt It

Descriptions

1. The importance of recognition, rewards and records in the development of 4-H youth
2. The art of delegating
3. Managing skills - planning, setting priorities, using checklists, etc.
4. Leader sharathon

Participants will be able to attend two workshops. A \$4 registration fee will be charged. Registration forms and brochures are available at the extension office. If you have questions, call Lorene.

District 4-H Leader Training

Home economics and livestock subject matter will be the emphasis of the leader training Thursday, February 8, 9:45 a.m. to 3:15 p.m. and repeated from 6:45 to 9 p.m. Participants will have the choice of two workshops plus the general session. Workshop topics will include new projects such as child development, bucket calf, and market broilers, etc. Lunch during the day will be on your own. Also included will be opportunities to view audio visuals that are available for check out. State specialists will be presenting the workshops. There will be a \$2 registration fee. Registration forms and brochures are available at the extension office.

4-H Officer Training

Do you need help to make your job as a club officer easier? If so, plan to attend 4-H officer training, Saturday, February 10, 1990, at 9:30 a.m. All officer duties will be covered as well as meeting ideas and recreation. All club members, parents and leaders are invited to attend.

New Leader Orientation - Part 2

New 4-H Leader Orientation - Part 2 will be held Thursday, January 18th at 9:30 a.m. and repeated at 7 p.m. This session will cover using project leaders, junior leaders, involving parents, and the Chris Clover award program. Part 2 training will be repeated, Tuesday, February 27th at 7 p.m. If you missed the Part 1 session it will be repeated Wednesday, February 7th at 9:30 a.m. and 7 p.m. You may attend part 2 even if you haven't attended part 1. All leaders and parents are invited to attend and share ideas.

Trees Suffer in Ice and Snow

Even trees that can endure the coldest winter temperatures may be disfigured by winter ice and snow storms. Ice storms are by far the most damaging, although heavy, wet snows of late winter can severely damage trees. Ice coatings may increase the weight of a branch up to 40 times. Efforts to remove ice by shaking or hitting branches may increase damage rather than improve the situation.

If a tree becomes ice covered, it is better to let the ice melt naturally. Heavy laden branches may require extra support to prevent splitting. Limbs can be propped with stout lumber to prevent damage.

Many fast growing trees have relatively weak wood, and are often the most severely damaged by ice and snow. Siberian elm is usually one of the most severely damaged trees during ice storms. Other relatively weak trees include silver maple, Russian olive, weeping willow, cottonwood and tree-of-heaven.

Heavy snow also can cause limb breakage, particularly on coniferous trees and shrubs. If drifting hasn't buried the plant, try shaking or brushing off the snow. If the tree or shrub is buried in snow, damage will usually occur when the snow mass begins to settle. This is especially true on spreading shrubs or junipers. In this situation, remove the snow or at least break the snow crust around the plant. This relieves much of the settling pressure of the snow mass.

Repair ice or snow damage as soon as weather permits. Remove any broken branches by making a smooth pruning cut at the point where the broken branch joins another branch or the main trunk. Trees with split forks or crotches can sometimes be repaired if damage is not too severe, but this type of repair may require special bolting and bracing.

Seed Catalogs

If you've always bought your vegetable and flower seeds off the rack at the grocery store, you've missed out on one of the most enjoyable parts of gardening — poring over the seed catalogs.

Shopping from seed catalogs offers several advantages. Variety is the big one. Seed catalogs contain many more varieties than you can find locally, either as seeds or transplants.

Convenience is another. Ordering early from the comfort of your favorite armchair saves you all that last-minute scurrying around in search of seeds and possibly having to

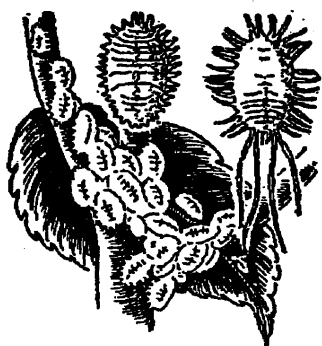
(Continued on Page 6)

Mealybug Control on Houseplants

Mealybug infestations on house plants are difficult to control because the insect's white, waxy covering protects them from most pesticides. According to research compiled by Robert J. Anderson, Extension Specialist in Floriculture at the University of Kentucky, some gardeners can effectively fight these pests by praying with a solution made from soap or a pesticide used in combination with an alcohol wetting agent.

Use a pesticide such as diazinon or malathion and add alcohol to the solution. The addition of alcohol al-

lows the pesticide to penetrate the insect's waxy covering. Make a 50 percent solution of water and alcohol (rubbing alcohols, ethanol and isopropyl will work) and mix the pesticide according to directions.



Soap solutions also have been proven effective in controlling mealybugs indoors. Three to five applications at seven to ten day intervals are necessary for effective control.

Fels Naptha Soap: Shred and dissolve one-half bar of Fels Naptha soap in two gallons of water. It will be necessary to heat mixture to dissolve the soap completely. This solution can then be sprayed on infested plants where it will leave little visible residue on the leaves. This soap is available in the laundry soap section of most grocery stores.

Snowblowers

If your new snowblower saw little action in the last two winters, it may get a workout this winter. Predictions are for 36 inches of snow during this winter.

Snowblowers can be extremely helpful in clearing a lot of snow in a short time, but they also carry with them a large element of danger if misused. That's why it's extremely important to read and understand the operator's manual before starting the job.

All machine adjustments should be made before starting the engine. Most reports show that accidents occur when attempts are made to change auger height, make engine adjustments or clear the snow discharge openings while the machine is running.

The hazards of making adjustments on the go are complicated by slippery footing and cold fingers. Turn off the engine and make sure all the moving parts have stopped before attempting to make any changes.

Top the fuel tank before starting the job. If all the fuel is used before the job is finished, make sure the engine has cooled for three or four minutes before filling the gasoline tank. To prevent accidental fires or explosions, always refuel outside, rather than in a garage or within a similarly

enclosed area. Never run the engine within a confined area because of the hazard of poisoning by carbon monoxide, a lethal by-product of fuel combustion.

Snow can hide items that might become hazards to the operator or a bystander. Toys, rocks, a dog bone, or other such objects can be thrown a considerable distance by a snowblower. To help avoid injury or property damage, always direct the blower discharge away from houses, cars, traffic and people.

Dressing for the job is another important safety consideration. Wear comfortable, well fitting clothing. Do not wear long, dangling scarves and other loosely fitting garments that could get caught in the snowblower. It's also a good idea to wear tinted goggles or safety glasses to protect against glare or objects and snow thrown by the blower.

Electric snowblowers should have a nameplate bearing the Underwriter's Laboratory (UL) seal to ensure that the unit has been tested and poses minimal shock hazards. Unless the owner's manual states otherwise, use only a three-wire extension cord plugged into a grounded receptacle. Keep the cord clear of the machine's path at all times and replace the cord if it becomes frayed or damaged.

Houseplant Containers Affect Water Supply

Houseplant containers do more than just hold soil for plants to grow in. They also have a large influence on the total growth of plants, because they affect their water supply.

The relative sizes of the pot to the plant affects both the plant's water supply and its nutrient supply. A plant that's too large for its pot dries out quickly. A plant in an oversized pot may suffer from too much water. If the pot is too small, the nutrients in the potting soil may be leached out before the plant has a chance to use them.

The porosity of the container also affects the plant's water supply. A plant in an unglazed clay pot is less likely to suffer from too much water than a plant in a glass or plastic container. Water can move out and air can move into the soil through the clay pot.

Roots need air as well as water. Loading the soil with water that has nowhere to go pushes the air out so plant roots can't do their job. If the soil remains saturated for long periods, the roots may rot.

A way around the water problem with pots of nonporous materials is to put drainage

holes in the bottoms so the excess water can escape. Clay pots should also have drainage holes. Another option is to pot your plants in the more functional clay pots and then set these pots inside decorative nonporous containers.

Using clay pots is no guarantee that you won't water your plants to death, of course. You still have to think before you reach for the watering can. Overwatering is more likely in the winter, when light levels are low and plants aren't growing much. It's easy to go on watering as you did in the summer, when plants were growing vigorously and using more water.

To avoid overwatering, feel the soil before you add water. If the soil feels dry, add water. Other clues are the weight of the pot — if it feels light, it's probably dry — and the condition of the plant itself. If it is wilted or feels limp and flabby, then it probably needs water. But check the soil, too, just to be sure the plant is not wilted because its roots have rotted from being overwatered.

If a plant dries out rapidly, it may need to be repotted in a larger container. A pot with a mass of roots with very little soil showing indicates the plant needs repotting.

House Plants May Need Pruning

Pruning is a task most gardeners think of in connection with woody landscape plants. But indoor plants may need pruning, too, for the same reasons that you prune outdoor plants: to maintain or improve plant health or appearance, to control growth, to encourage yield or to create a special form.

You may prune house plants to remove dead, diseased or injured parts, or to reduce a plant's size. A special sort of pruning, called pinching, entails removing the growing tip of certain plants to promote branching and development of a more compact, even bushy shape.

Pinching works because the tip of the growing shoot produces a hormone that inhibits the development of side shoots. This inhibiting effect of the apical (tip) bud

is called apical dominance. Pinching off the tip of the shoot stops the production of the hormone auxin and permits lateral buds to develop. The result is a plant with more side shoots and a fuller, more compact shape.

House plants that need occasional pinching to keep them from becoming long and straggly include coleus and iresine. Pinching and pruning a jade plant can make it grow short and compact, like a bush, or more upright, like a tree. In fact, most plants that have conspicuous stems can be pinched to encourage branching.



Use your forefinger and thumb to pinch off growing tips. As lateral shoots develop,

you can pinch them, too, for a bushier plant.

Begin pinching before a plant's stem gets long and gangly. If you wait too long, you'll end up with a plant that looks top-heavy because you're induced a thicket of growth toward the top of a long stem.

Pruning plants to reduce their size will often yield cuttings for starting new plants. Poinsettias, for instance, need pruning in June to shape them and ready them for reflowering for the holidays. The prunings can be rooted and potted and flowered right along with the parent plants.

Pruning is an important part of the creation of bonsai plants. Both roots and growing shoots may be cut back to dwarf plants.

On-the-Grow

Horticulture News
& Recommendations

Don Janssen
Extension Agent, Horticulture



Questions and Answers

Q. Can I grow ferns from spores?

A. Yes. Start by collecting the spores. They're contained in the spots on the undersides, tips or edges of the plant. These spots — called sporangia — are mature and ready to shed their spores when they turn brown. Shake the fronds over a sheet of paper and then funnel the spores into an envelope. Start the spores on a small clay pot or a peat pellet. Place the pot or pellet in a shallow container filled with water. When the tip of it is moist, sprinkle fern spores on the top and sides. Then cover it all with a clear glass or plastic container and place it where it will receive bright light. Add water to the bottom container as necessary to keep the pot or peat pellet from drying out. The pot or peat should turn green as spores germinate within about six weeks. A few weeks later, you'll see little ferns growing out of small, horizontal structures called prothalli. When large enough to be handled, cut or remove the small plants and pot up in a peat type soil mix. Grow in area of high humidity such as a terrarium.

Q. What's the procedure for growing an orange tree from seeds? Will it ever produce fruit for me?

A. To answer your second question first, no — an orange tree grown as a houseplant from seed will probably never flower and bear fruit. It should grow into an attractive, glossy-leaved plant, however.

To start one, take the seeds directly from the fruit — don't let them dry out — and plant them about 1/4 inch deep in moist soil. Keep the soil moist but not soaking wet. It may take some weeks for the seeds to germinate, but when they start to grow, they'll grow quickly.

Q. When is the best time to have a large tree near my house cut down?

A. Midwinter is an excellent time. Landscape and tree services and the people who cut trees for utility companies tend to be less busy now than during the growing season, when landscape maintenance chores are more plentiful. Their equipment and the falling tree are less likely to harm your lawn when the ground is frozen. And a leafless tree is easier to handle than one with foliage.

Q. I used a lawn herbicide for broadleaf weeds this fall. Now I've decided to turn part of my lawn to garden in the spring. Is any of the herbicide likely to last long enough to cause problems with my vegetables?

A. No, with a slight qualification. Herbicides used alone or in combination for broadleaf weed control in lawns include 2,4-D; mecoprop; 2,4-DP; and dicamba. All except dicamba last in the soil from one to four weeks. Dicamba normally lasts three to 12 weeks. Warm temperatures (60 degrees or higher) and moisture are necessary for soil microorganisms to break down the chemicals. Given a normal fall and normal planting time in the spring, complete chemical break-down should have occurred so the fall-applied herbicides will pose no danger to your garden crops.

More horticulture news
on page 6

Plan Flowers for Drying

August is no time to decide you should have planted flowers for drying in the spring. Now, while the seed catalogs are coming in and the garden plants are taking shape, is the time to choose what you'll plant.

Seed catalogs often group together flowers that are especially good for drying. Check the indexes for listings like "everlastings."

In a catalog that lists flowers strictly by species, look for the following annuals: strawflowers, statice, annual larkspur, marigold, dusty miller, cockscomb, and calendula. All these flowers dry nicely hung upside-down in bunches or stood upright in jars.

Perennials that dry well by this technique include astilbe, baby's breath, lavender, lemon verbena, flowering onion, beebalm and butterfly weed.

For drying in sand or borax, consider annual asters, balsam (Touch-Me-Not), candytuft, Canterbury bells (a biennial), annual dianthus, coreopsis, cornflower, cosmos, gloriosa daisy, pansy, stock, snapdragon and zinnia. Perennials that can be dried by this method include perennial asters, balloon-flower, columbine, cone-flower, coralbells, delphinium, painted and Shasta daisies, peonies, mums, day lilies, iris, gladiolus, lilac, lily of the valley, tulips and roses.

Annuals are grown new from seed each year. Some are available as greenhouse-grown bedding plants, while others are planted as seed in the garden. Biennials take two years to grow, flower and produce seed. They are often planted from seed in the fall. Perennials may be planted as seeds, plants, bulbs, corms or tubers. Except for dahlias, glads and some other tender bulbs, which must be dug and stored for the winter so they don't freeze, most perennials can be left in the ground year after year and be relied on to send forth new growth each spring.

Order your seeds and plants and plan your flower garden now; you'll have plenty of raw materials for drying and arranging later.

Seed Catalogs (from page 5)

settle for other than your first choice.

Timeliness is another advantage. Once you have your seeds, you can start them anytime and so have transplants ready to go as early or as late as you want them.

Don't overlook catalogs as a source of gardening information. In addition to detailed descriptions of the dozens of varieties offered, catalogs often include information on how much and when to plant, proper plant spacing and culture of various crops.

Not the least of the benefits of shopping seed catalogs is the chance to take your mind off winter and bad weather by looking at color pictures of flowers and vegetables.

Seed catalogs can also provide you with everything you need to start plants from seed, control pests and work the soil, as well as house plants, bulbs, landscape ornamentals and food preservation aids.

Companies that sell seeds and plants by mail often advertise in gardening magazines. Names and address of mail-order seed companies are also available from the Cooperative Extension Office.



Backyard Farmer Catalogs Available

A new Backyard Farmer Calendar for 1990 is available at the Nebraska Cooperative Extension in Lancaster County.

Features in the 1990 Backyard Farmer Garden Calendar include state maps which show the average last spring and first fall freeze dates across Nebraska. Based on increased interest in shrubs, the calendar includes eight color pictures of recommended shrubs as well as 16 pictures of diseases, disorders, and insects and ornamentals.

Other features in the 1990 edition are the holidays, moon signs, previous/next month calendars, plus recommendations and publications lists.

The cost of the calendar is \$6.00 (plus 33 cents sales tax) plus \$1.00 for postage for a total of \$7.33. Calendars may be picked up from the Nebraska Cooperative Extension in Lancaster County for \$6.33.

To receive your 1990 Backyard Farmer Calendar, return feedback form on page 8.

Stone-Washed/Acid-Washed Guidelines

There are ways to achieve that popular look. As the name implies, stone washing involves tumbling the fabric with pumice stones, resulting in abrasion of the fabric especially in seam areas and on edges of cuffs, and collars. Acid washing is actually a bleaching process that fades the fabric, but doesn't cause fabric abrasion. By combining the two processes, you can create the appearance of years of wear.

Soak the denim in hot water to soften the fabric; wring out excess water. Spread the fabric flat, smoothing out all wrinkles. Rub with a pumice stone until area of white fabric appear, avoiding rubbing too long in one spot and creating holes or near-holes. If a pumice stone is not available, try a fine grade of sandpaper.

Set washing machine water level to low, the water temperature to hot and add one fourth to one half cup of detergent. Add three cups of non-chlorine bleach (1 1/2 cups of chlorine bleach for 100 percent cotton fabrics only) and allow the machine to agitate for a few minutes before placing the fabric in the washing machine. Less bleach means a darker fabric. When wash cycle is completed, remove the fabric and machine dry.

This process, damages the fabric to some degree, so experiment on a small piece of fabric before attempting larger pieces.

Home Treatments Available to Make Water Safe to Drink

If you are concerned about the health risks of your private water system or well, and your home's drinking water, you have an alternative to bottled drinking water. You can purchase water treatment equipment which can remove contaminants, such as chemicals or metals.

One of the major concerns about water in Nebraska is nitrate contamination. There are two primary water treatment products available which can be used to remove nitrate from water used for cooking and drinking. These water treatment products can be installed in the plumbing line to provide treated water to the faucet commonly used for drinking and cooking water — usually the kitchen. Some countertop models are also available.

The first type of treatment is reverse osmosis. This procedure removes up to 95 percent of all inorganic chemicals, such as nitrates. The process uses water pressure to force the water through a semi-permeable membrane. As the water goes through the membrane the contaminants are filtered out, and the "dirty" water is drained away. The treated water is kept in a holding tank until needed.

The second method available to remove nitrate is distillation. This treatment also removes most organic chemicals and bacteria. A distiller heats water to boiling. The steam is piped through condensing coils, and then the nearly pure water is collected into a separate tank. The contaminants are left in the boiling tank.

Both methods treat only a limited quantity of water at a time. To learn more about using water treatment equipment, call the Cooperative Extension Service in Lancaster County at 471-7180 and ask for the NebGuide called "Home Water Treatment Systems."

The Grain Auger - A Farm Safety Concern

The grain auger, so common today, is a relative newcomer on many Midwest farms. Shortly after World War II, the portable auger made its appearance. Augers are now in general use on grain and livestock farms.

The concept of the auger is not new. Archimedes first used the auger for lifting water out of the river for irrigation purposes.

This apparatus has not been without its share of accident problems. A study about 20 years ago showed the auger to be the most dangerous piece of equipment on the farmstead, per hour of use.

Much of the problem relating to auger injuries falls back on the operator. In many instances, operators will remove the shields and fail to put them back on which can lead to injuries. On older augers, the manufacturers did not have adequate shielding. Generally speaking, the augers manufactured today are built according to safety standards.

The body parts most commonly subjected to injuries are the hands and feet. As the farmer collects corn or milo around the auger end to feed into the auger, it is easy for the hands to be caught. The same holds true when operators use their feet to nudge grain up to the intake. Occasionally, long scarves or the ties on hooded sweat-shirts may be caught up; however, hands and feet are the primary points of contact.

Rescuing a victim from an auger is not an easy task. In some instances, the limbs are so tightly caught up, the auger stalls. In these instances, it is almost impossible to move the auger flighing to remove the victim. Generally, the best way of removing a victim is to have a heavy duty cutting tool which is capable of cutting auger tubing, making it possible to free the victim.

In addition to the physical tearing or crushing caused by being caught in the auger, there is the threat of traumatic shock.

In many instances, the auger causes a slow-reacting injury which gives the victim time to see and think of what is happening to the body. Rescuers must keep this in mind when they are removing the victim. Rescuers, also, must guard their own safety since electrical shock might be a common problem if the auger is in contact with electrical wires.

Electric shock is also a problem when moving the auger. In a number of accidents, three or more people have been killed when the auger or elevator touched the overhead line while the auger was being moved.

Many times, farmers are their own worst enemy when they remove shielding from equipment and then fail to replace it. Also, the victim may be the wife or one of the children and not the person who removed the shielding.

In summary, augers are a key piece of equipment for handling materials on the farmstead. But they must be kept in running order. This includes:

- Keeping shields in place.
- Avoiding overhead power lines.
- Protecting rotating power line drives.
- Avoiding tip-overs.
- Keeping warning decals clean and in readable condition.

Meal Patterns for Maximum Weight Loss

If you've been starving yourself to lose weight, take heart! Types and timing of food may affect your weight as much as total calories consumed.

According to research reported in "Environmental Nutrition," you will be more likely to lose weight if you eat: 1) a low-fat, high carbohydrate diet; 2) more than three meals a day and 3) your lightest meal at the end of the day.

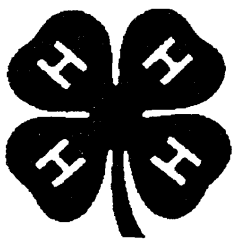
Your body is less efficient at converting carbohydrate to body fat than changing fat to body fat. If you eat excess carbohydrate calories, 23 percent of those calories are burned up in the process of converting them to body fat. For excess fat calories, however, your body uses only three percent of them to fuel the change into body fat.

"Clinically, obese patients seem to be better off with smaller, more frequent meals," says Kelly Brownell, Ph.D., with the University of Pennsylvania School of Medicine.

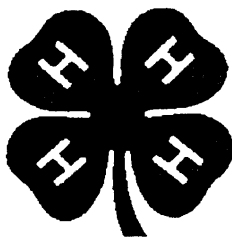
Eating less at your evening meal may also help weight loss. Six volunteers at the University of Minnesota were fed a single 2,000 calorie meal in the morning for a week and then at night for a week. Everyone lost weight on the breakfast only diet; four gained weight on the dinner only diet. While eating only breakfast isn't recommended, it does suggest that eating more of your calories earlier in the day may help you lose weight.

Domestic Water Quality Resources
Extension Publications

| | |
|------------|---------------------------------------|
| EC 81-2400 | Living with Nitrate |
| G 74-77 | Where to Get Water Analyzed |
| G 74-78 | Testing for Bacterial Purity of Water |
| G 74-79 | Chemicals in Drinking Water |
| G 74-80 | Physical Content of Drinking Water |
| G 79-467 | Livestock Water Quality Criteria |
| G 74-81 | Testing Irrigation Water |
| G 77-328 | Irrigation Water Quality Criteria |
| G 85-763 | Nitrate-Nitrogen in Drinking Water |



4-H Calendar 1990



January

- 2 4-H Council, 7:30 p.m.
- 8 District 4-H Awards Books due
- 8 4-H Computer Club Meeting, 7:15 p.m.
- 10 Mid-Winter Escape applications due
- 13 Horse VIPS Committee 9:30 a.m.
- 13 Teens in Action workshop
- 14 Teen Council meeting, 2:30 p.m.
- 15 4-H Camp Staff applications due
- 15 ExpoVisions Leadership Team applications due
- 18 New Leader Orientation Part 2, 9:30 a.m. & 7 p.m.
- 18 Fairboard meeting, 7:30 p.m.
- 19-21 State 4-H Volunteer Leaders Forum
- 20-21 Mid-Winter Escape
- 27 Shooting Sports Leader Training, 9 a.m.
- 29 Exploring 4-H Activities, 7 p.m.

February

- 1 Kaleidoscope Magic Applications due
- 3 Horse VIPS Committee, 9:30 a.m.
- 5 Livestock Booster Club meeting, 7:30 p.m.
- 6 4-H Council, 7:30 p.m.
- 7 New Leader Orientation Part 1, 9:30 a.m. & 7 p.m.
- 8 District 4-H Leader Subject Matter Training
- 9-11 Kaleidoscope Magic Camp
- 10 Officer Training, 9:30 a.m.
- 11 Teen Council Meeting, 2:30
- 12 4-H Computer Club Meeting, 7:15 p.m.
- 13 Speech Workshop, 7 p.m.
- 15 Fairboard, 7:30 p.m.
- 16-17 Cattle Weigh Day
- 20 Metro 4-H Council Training, Papillion
- 22 District Key Leader Training - Omaha
- 26 District Key Leader Training - Seward
- 27 New Leader Orientation Part 2, 7 p.m.
- 27 District Key Leader Training - Auburn

March

- 3 Party Pointers, 10 a.m.-3 p.m.
- 6 4-H Council, 7:30 p.m.
- 11 Teen Council, 2:30 p.m.
- 12 4-H Computer Club Meeting, 7:15 p.m.
- 15 4-H Camp Staff In Training Applications due
- 15 Fairboard, 7:30 p.m.
- 17 Horse VIPS Committee, 9:30 a.m.
- 19 Livestock Leader Update, 7:30 p.m.
- 23 County Speech Contest
- 23 Family Camp Registrations due
- 31 District Speech Contest, 8:30 a.m.
- 31 Kiwanis Kamival

April

- 1 Family Adventure Camp, 1:30 p.m.
- 1 Ambassador Applications due
- 1 Turkey Project entries due
- 1 Awareness Team Applications due
- 1-7 National 4-H Conference
- 2 Camp Counselor Applications due
- 2 Livestock Booster Club 7:30 p.m.
- 3 4-H Council, 7:30 p.m.
- 9 4-H Computer Club Meeting, 7:15 p.m.
- 14 Horse VIPS Committee, 9:30 a.m.
- 19 Fairboard, 7:30 p.m.
- 20-21 Project Adventure Workshop
- 20-22 Call of the Wild Wildlife/Shooting Sports Camp, South Central 4-H Center
- 21-22 One of the Guys Retreat
- 22 Teen Council, 2:30

May

- 1 4-H Council, 7:30 p.m.
- 1 Teens Today Applications due
- 5-6 Growing Up Female Retreat
- 14 4-H Computer Club Meeting, 7:15 p.m.
- 15 Heritage Tour Applications due
- 15 ExpoVisions Applications due to County
- 15 Broiler Project entries due
- 17 How To Exhibit Leader Training, 9:30 a.m. & 7 p.m.
- 17 Fairboard, 7:30 p.m.
- 19-20 Growing Up Female Retreat
- 26 Lamb Tagging Day - Fairgrounds, 9 a.m. to 12 p.m.

June

- 1 Horse I.D.'s due
- 1 Horse Scholarship Applications due
- 1-3 Camp Counselor Training, 4-H Center, Gretna
- 4 Livestock Booster Club, 8 p.m.
- 4-7 Raiders of the Deep Camp
- 8-10 Discovery Camp
- 10 Teen Council, 2:30 p.m.
- 11-14 High Adventure Camp
- 11-15 Natural Resource & Leadership Camp, Halsey
- 12 Lamb Tagging - 6:30 p.m. to 8:30 p.m.
- 14 Practice Home Economics judging, 1 p.m.
- 15 Breeding Beef, Dairy Cattle, Dairy Goats, Sheep, Swine, & Rabbit I.D.'s in Extension Office
- 15-17 It's for the Birds Camp
- 18-21 Outdoor Skills 1
- 18-22 Range Camp, State 4-H Camp, Halsey
- 18-22 Nebraska Heritage Tour
- 21 Fairboard, 7:30 p.m.
- 25 AK-SAR-BEN Broiler Entries due
- 25-27 Junior High Camp, Halsey
- 25-28 Spotlights on Talent Camp
- 26 Looking Your Best, 10 a.m.- 2:30 p.m.
- 29-30 First Timers Camp

July

- 1 4-H Scholarship Applications due, State
- 1-3 Summer Safari Camp
- 2 Livestock Booster Club, 8 p.m.
- 5-7 Sports Camp
- 5-7 Tae Kwon Do Camp, South Central 4-H Center
- 8 Teen Council, 2:30 p.m.
- 6-8 Canoe Trip Weekend, State 4-H Camp
- 9-11 Jr. High Cheerleading Camp, South Central 4-H Camp
- 9-12 High Adventure II Camp
- 11-13 ExpoVisions
- 12 Practice Demonstrations Day, 1 p.m.
- 13-15 Discovery Camp
- 14-15 Family Camp, State 4-H Camp, Halsey
- 16-19 Outdoor Skills I
- 16-20 State 4-H Horse Show - Grand Island
- 19 Fairboard, 7:30 p.m.
- TBA Economics Judging - Horticulture Judging Contests
- 20-22 Discovery Camp
- 23 County & State Fair Animal Pre-entries due
- 24-27 International Camp
- 29-30 Ballet Camp, State 4-H Camp
- 27-28 First Timers Camp
- 25 Fair Superintendents Meeting

August

- 1 Style Revue Judging
- 3 Music Contest
- 5-9 Nebraska Biology Career Workshop
- TBA County Fair Entry Day - Enter Stationary Exhibits 4-8 p.m.
- 7 County Livestock Judging Contest - Fairgrounds
- 8-11 County Fair
- 17 AK-SAR-BEN Entries due in Extension Office by 4:30
- 23 4-H Superintendents Recognition Dinner
- 29 State Fair Entry Day - Stationary Exhibits
- 30-9 Nebraska State Fair

September

- 4 4-H Council, 7:30 p.m.
- 10 4-H Promotion Open House
- TBA Teen Council
- 19-25 AK-SAR-BEN

October

- 1 Chris Clover Award Books due to Leader
- 1 County Award Books & Scholarship Appl. due
- 1-7 National 4-H Week
- 2 4-H Council, 7:30 p.m.
- 14 Teen Council, 2:30 p.m.
- 23 4-H Achievement Program, 7:30 p.m.
- TBA Livestock VIPS Annual Evaluation Meeting

November

- 5 Livestock Booster Club, 7:30 p.m.
- 11 Teen Council, 2:30 p.m.
- 19 4-H Honors Banquet

Husker Feed Grains and Soybean Conference

The 1990 Husker Feed Grains and Soybean Conference is scheduled for January 11-12, 1990, in Kearney, Nebraska. With the 1990 commodities' conference coinciding with the beginning of a new decade, this meeting of the state's soybean, corn, and grain sorghum producers will focus on "The 1990's: Decade of Opportunity."

The conference is scheduled to be held at two locations in Kearney. Day one of the conference begins with an 8:00 a.m. registration at the Buffalo County Fairgrounds. On day two, conference activities will move to the Holiday Inn. The event is a joint effort of the Nebraska Soybean Checkoff Board, Nebraska Soybean Association, Nebraska Grain Sorghum Checkoff Board, Nebraska Grain Sorghum Producers Association, Nebraska Corn Board, and the Nebraska Corn Growers Association to provide a forum to highlight 1990 policy and marketing influences on production agriculture in Nebraska.

Governor Kay Orr will open this premier agricultural event with an official welcome to Nebraska ag producers at 9:00 a.m., on Thursday. Other speakers addressing this conference will be:

Chet Randolph, who hosts the award-winning "Market to Market" television show seen Friday nights on public network in 20 states. Chet brings a long background of agricultural experience with 12 years in the grain and livestock brokerage business. He is a past executive vice president and director of overseas market development of the American Soybean Association.

Senator Bob Kerrey serves on the Senate Agricultural Committee and will discuss the shape of things to come as Congress works to develop the 1990 Farm Bill.

DTN will be sponsoring three marketing specialists for the January 11 afternoon program. Ron Michaelson, Oster Communications, will present a market outlook on corn, wheat, and hogs; John Harrington will discuss the cattle outlook; and Dick Lowe, Ag Resource Company, will talk about soybeans with a South American perspective.

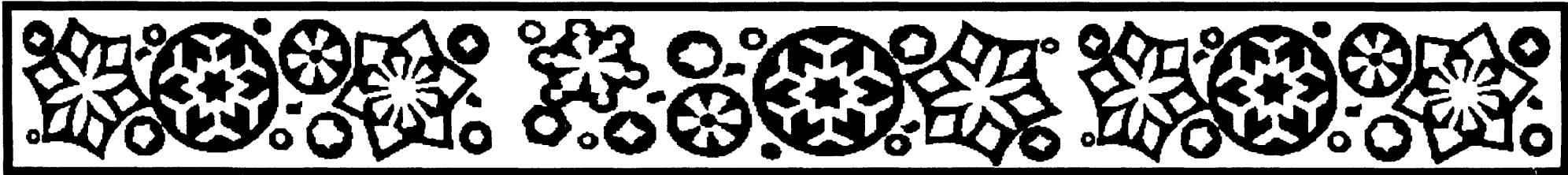
John Marten, staff economist with Farm Journal magazine, will discuss his analysis and evaluate current agricultural trends as we look ahead into the new decade.

Breakout sessions will allow conference participants a choice of attending forums to learn more about national soybean and proposed corn checkoff legislation, low-input sustainable agriculture, a motivational session on the power of positive partnership in family farming, and a futuristic look of agriculture in the year 2000.

A Friday noon special awards luncheon will recognize Nebraska agricultural leaders for their special contribution made to commodity programs. Ken Siemek, meteorologist at Channel 10/11, KOLN/KGIN-TV, will act as master of ceremonies and guest speaker. o73 Agribusiness will again be well represented at the trade show on Thursday afternoon and will be hosting producers to several fine hospitality events. A variety of companies, from seed and agricultural chemical to computer and large equipment, will be exhibiting at the show. Special activities are planned to make the trade show an especially enjoyable evening for everyone.

Each commodity grower's organization will be holding their annual delegate meetings to determine 1990 policy. A special Beginning Marketing Skills Seminar is scheduled across from the delegate session for those participants interested in learning more about agricultural markets.

Advanced registration forms are available by contacting your county extension office or the Nebraska Soybean Program, P.O. Box 95144, Lincoln, Nebraska 68509; telephone (402)471-4894.



Extension Calendar

January/February

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

January

| | | |
|-------|--|----------------------------------|
| 5 | Private Applicators Pesticide Training | 9 a.m. to noon |
| 8 | Crop Protection Clinic | 8:30 a.m. to 4:30 p.m. |
| 8 | Commercial Applicators Pesticide Recertification | (part of crop protection clinic) |
| 8 | 4-H Computer Club | 7:15 p.m. |
| 10 | Farm/Ranch Landowners Update | 7:30 to 10:30 p.m. |
| 11 | Nebraska Forage & Grassland Council Day (East Campus Union) | 8:30 a.m. to 3:30 p.m. |
| 11 | Care Givers Support Group | 7 to 9 p.m. |
| 13 | Basic Sewing Class (part 1) | 9 to 11 a.m. |
| 13 | 4-H Horse Indoor Day | 9:30 a.m. |
| 13 | Horse Pasture Management | 1 to 3:30 p.m. |
| 13 | Teens in Action | 9:15 p.m. |
| 14 | Teen Council | 2:30 p.m. |
| 15 | Bread Baking Workshop | 1 p.m. |
| 16 | Facing Our Future (part 1) | 7 to 9 p.m. |
| 17 | Fish for Health | 7 to 8:30 p.m. |
| 18 | New 4-H Leader Orientation - Part 2 | 9:30 a.m. or 7 p.m. |
| 18 | Window Treatment Workshop | 1 to 3 p.m. |
| 18 | Private Applicators Pesticide Training | 7 to 10 p.m. |
| 20-21 | MidWinter Escape Camp | |
| 20 | Basic Sewing Class (part 2) | 9 to 11 a.m. |
| 22 | Home Extension Club Council Meeting | 1 to 3 p.m. |
| 23 | Facing Our Future (part 2) | 7 to 9 p.m. |
| 24 | Farm/Ranch Landowners Update | 7:30 to 10 p.m. |
| 25 | Farm Program Briefing, Hickman Community Center | 9:30 a.m. to noon |
| 25 | Private Applicators Pesticide Training, Hickman Community Center | 1 to 4 p.m. |
| 25 | Ideal Silhouette Workshop | 1 to 3 or 7 to 9 p.m. |
| 26 | Ideal Silhouette Workshop | 9 to 11 a.m. |
| 27 | Basic Sewing Class (part 3) | 9 to 11 a.m. |
| 27 | 4-H Shooting Sports Leader Training | 9 a.m. to noon |
| 29 | Beef VIPS | 7:30 p.m. |
| 29 | Exploring 4-H Activities | 7 p.m. |
| 30 | Farm Program Briefing, Raymond Fire Station | 9:30 a.m. to noon |
| 30 | Private Applicators Pesticide Training, Raymond Fire Station | 1 to 4 p.m. |
| 30 | Planning Your Lifestyle Home Extension Leader Training | 1 or 7 p.m. |
| 30 | Facing Our Future (part 3) | 7 to 9 p.m. |

February

| | | |
|------|---|------------------------|
| 5 | Wildlife Management Workshop | 7 to 9 p.m. |
| 5 | Booster Club | 7:30 p.m. |
| 6 | Crop Focus '90, Ashland-VFW | 9 a.m. to 3:30 p.m. |
| 6 | Facing Our Future (part 4) | 7 to 9 p.m. |
| 7 | New 4-H Leader Orientation - Part 1 | 9:30 a.m. or 7 p.m. |
| 7 | Farm Program Briefing, Waverly-Lancaster County Bank | 9:30 a.m. to noon |
| 7 | Private Applicators Pesticide Trg., Waverly-Lancaster Co. Bank | 1 to 4 p.m. |
| 8 | District 4-H Leader Training | 9:45 a.m. or 6:45 p.m. |
| 8 | Farm Management Series (Part I), Ceresco-Village Hall | 1 to 4 p.m. |
| 9-11 | Kaleidoscope Magic Camp | |
| 10 | Farm Program Briefing | 9:30 a.m. to noon |
| 10 | Private Applicators Pesticide Training | 1 to 4 p.m. |
| 11 | Teen Council | 2:30 p.m. |
| 12 | 4-H Computer Club | 7:15 p.m. |
| 13 | Commercial Applicators Pesticide Training (Initial) | 8 a.m. to 4 p.m. |
| 13 | Facing Our Future (part 5) | 7 to 9 p.m. |
| 14 | 4-H Speech Workshop | 7 p.m. |
| 14 | Healthy Wholesome Salads | 7 to 8:30 p.m. |
| 15 | Farm Management Series (Part II), Ceresco-Village Hall | 1 to 4 p.m. |
| 15 | Getting to the Heart of Cholesterol & Kids | 7 to 8:30 p.m. |
| 16 | National Alfalfa Symposium, Cornhusker Hotel | 1 to 5 p.m. |
| 17 | National Alfalfa Symposium, Cornhusker Hotel | 8 a.m. to 5 p.m. |
| 17 | Market Beef Weigh Day | 9 a.m. to noon |
| 20 | Area Conservation Tillage Meeting, Firth-Community Center | 8:15 a.m. to noon |
| 20 | Area Conservation Tillage Meeting, Gretna-Legion Hall | 12:45 to 4 p.m. |
| 20 | Suit Yourself Workshop | 1 to 3 or 7 to 9 p.m. |
| 20 | Facing Our Future (part 6) | 7 to 9 p.m. |
| 21 | Area Conservation Tillage Meeting, Syracuse-First National Bank | 12:45 to 4 p.m. |
| 21 | Microwave Cooking Class | 1 to 3 p.m. |
| 22 | Area Conservation Tillage Meeting, Ceresco-Village Hall | 8 a.m. to noon |
| 22 | Farm Management Workshop (Part III), Ceresco-Village Hall | 1 to 4 p.m. |
| 22 | Irrigation Short Course, Geneva | 8 a.m. to 4 p.m. |
| 23 | Area Conservation Tillage Meeting, Wilbur-Sokol Hall | 9 a.m. to 3:30 p.m. |
| 27 | New 4-H Leader Orientation - Part 2 | 7 p.m. |
| 28 | Microwave Cooking Class | 1 to 3 p.m. |



The 1989 Lancaster County Extension Board :(from left to right) Carol Talcott (Secretary), Cal Ward, Marilyn Palmer, Don Leising (President), Helen Sellentin, Jerry Minchow, Marilyn Schepers, Richard Wiese, and David Doeschot (Vice President).

Winterizing Skid Loaders

Regular maintenance plans for skid loaders should already include daily joint lubrication and greasing. Oil, coolant, filters, hand brakes, seat and seat-bar-actuated switch function should be checked routinely.

But, winter requires some pre-season preparation and adds a few steps to the regular routine. The following tips may be used to develop a checklist for gasoline powered engines:

—Check the timing.

—Clean the plugs and points.

—Tighten and clean the battery terminals and cables. Use a battery cable sealant, not grease, on the terminals.

—Top off the fuel tank frequently. During cold weather, topping off the fuel tank can help prevent condensation, which can cause equipment failure. Isopropyl-based products are more expensive than methanol-type, but they do a better job of removing moisture. The following tips may be used to develop a checklist for diesel powered engines:

—Fuel is the most important component to watch on diesel-powered loaders. Use good quality, winter-grade fuel. Don't use gasoline to dilute the diesel fuel because this mixture can cause an explosion inside the injector nozzle. Gasoline doesn't have lubricating properties like diesel fuel, so its use will drastically increase injection pump wear.

—Install water traps in the fuel line if the diesel loader isn't equipped with them. To prevent freeze-ups, drain the traps as soon as the weather gets cold.

—Check the glow plugs or starting aids. Take them to a dealer if they are not operating properly.

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County

The Nebline is edited by Mark D. Hendricks, Extension Assistant, Media, and published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska, 68528. For more information, contact Mark Hendricks at (402) 471-7180.

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Backyard Farmer Catalog

I would like ___ copies of the 1990 Backyard Farmer Calendar(s) at the price of \$7.33 each (\$6.00 + \$.33 sales tax + \$1.00 postage) for a total of \$ ____.

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